

I. *Pick Your Path to Health*

Campaign Background

This section is an introduction to the *Pick Your Path to Health* campaign, the health principles and initiatives it is based upon, the purpose of the campaign, and relevant health facts about its targeted audience (African American women, Latinas, Asian and Pacific Islander women, American Indian and Alaska Native women, women who live in rural areas, and women with disabilities).

Overview of Campaign

Pick Your Path to Health is a nationwide, community-based campaign sponsored by the Department of Health and Human Services' Office on Women's Health. The goal is to help women take simple and time-sensitive steps to improve their health and provide tools for local communities to promote practical, culturally relevant action steps to wellness. The campaign recognizes that women of the new millennium are confronted with numerous challenges—from the demands of home and family to the pressures of work—and suggests specific, life-oriented action steps in an effort to ease the path to better health.

Minority Focus

Pick Your Path to Health encourages health awareness among all women and specifically focuses on health issues as they relate to African American, Asian and Pacific Islander, American Indian and Alaska Native women, Latinas, women who live in rural areas, and women with disabilities—all who are at a higher risk for many diseases.

Women's Health Issues

Pick Your Path to Health is adopted from Healthy People 2010—the Government's comprehensive set of health objectives aimed at reducing the existing health disparities between minority and white women over the first decade of the new century. Ten major health issues or leading health indicators for the Nation were identified. The 2003 monthly themes of the *Pick Your Path to Health* campaign are based on these health indicators.

January—Spirituality
February—Weight Management
March—Physical Activity
April—Alcohol Use
May—Mental Health
June—Responsible Sexual Behavior
July—Drug Abuse
August—Health Care Access
September—Disease Prevention
October—Violence Prevention
November—Tobacco Use
December—Family

Overview of Campaign

Culturally Appropriate Materials

The campaign delivers workable health messages called “action steps” through six 12-month pocket planners addressing the health needs and concerns of African American, Asian and Pacific Islander, American Indian and Alaska Native women, Latinas, women who live in rural communities, and women with disabilities. The planners offer action steps for each week and emphasize the importance of making small changes to improve women’s health. They also contain general health information, places to record health information, and various health resources. Other campaign materials include posters, community action kits, and a listserv that provides weekly action steps by e-mail.

Dedicated Partners

The campaign is supported by more than 75 national partners that help to spread campaign messages to communities and women across the Nation. The campaign also has media partners that help to spread campaign messages through placement of *Pick Your Path to Health* information in diverse community newspapers across the country.

Monthly Themes and Action Steps

All Women

January—Spirituality: Find the strength within.

- Make a list of 10 victories you can celebrate in your life.
- Measure success by how much health, peace, and joy you have.
- Reward yourself for all you do.
- Take a moment to celebrate your spirit.

February—Weight Management: Vital for long-term wellness.

- Try healthy snacks. Refuel with a glass of low-fat milk or a piece of fruit.
- Carry a water bottle with you every day and refill it at least three times.
- Burn some of the calories you take in—exercise can help you lose weight.
- Eat five servings of fruits and vegetables a day. Dried fruits count!
- Make a low-calorie shopping list.

March—Physical Activity: Stay active. Live longer.

- Treat your family to some time at a community recreation facility.
- Start to exercise gradually and work your way up.
- Start your spring cleaning early; it's a great way to exercise.
- Take the stairs instead of the elevator or escalator.

April—Alcohol Use: Know your limits.

- Resist the pressure to serve alcohol. Host an alcohol-free party.
- Volunteer to be the designated driver.
- Don't get in a car if the driver has been drinking alcohol, no matter who they are.
- If you may be pregnant, don't drink. Alcohol can harm your baby even before you know you're pregnant.
- Be aware of how many drinks you have—if you can't stop when you want to, get help.

May—Mental Health: Lower your stress.

- Have one good belly laugh today.
- Take 15 minutes for yourself each day.
- If you're feeling overwhelmed, ask for help.
- Get together with friends to cry, laugh, and support each other.
- Don't be afraid to seek counseling.

Monthly Themes and Action Steps

All Women

***June*—Responsible Sexual Behavior: Think before you act.**

- Don't be afraid to say "no!" It's your body and your life.
- You don't need symptoms to be sick. Get tested for sexually transmitted diseases (STDs).
- Put the "he" into health. Ask about your partner's sexual history.
- Listen to your instincts. If it doesn't feel right, it probably isn't.

***July*—Drug Abuse: Use and you lose.**

- Don't experiment—you can become addicted even the first time.
- Protect your health and your future. Drugs can damage your body and ruin your relationships.
- Follow your doctor's instructions when taking any medication. Misuse can be dangerous.
- Call Narcotics Anonymous at 1-818-773-9999 to help or get help from your local chapter.
- If you're taking prescribed medication, ask your doctor before taking any other medication or herbal supplements.

***August*—Health Care Access: Your health matters.**

- Schedule routine check-ups for your family.
- Ask your local clinic about free or low-cost mammograms and Pap smears.
- Need a babysitter? Don't let that stop you from seeing your doctor. Turn to community groups for help.
- Get better results from your provider. Ask questions and expect answers.
- Call 1-800-KIDS-NOW to learn about low-cost health insurance.

***September*—Prevention: It's better than a cure.**

- Eat a well-balanced diet rich in calcium and vitamin D—it can help prevent osteoporosis.
- Ask your local pharmacist where to get a flu shot.
- If you are over 40, ask your doctor about mammograms.
- Schedule your Pap test and pelvic exam.

***October*—Violence Prevention: Empower yourself.**

- Make a list of safe places you can go to protect yourself from abuse.
- Empower yourself! Sign up for a self-defense class.
- Keeping abuse a secret does not help anyone. Call 1-800-799-SAFE.
- Help a friend in danger.

Monthly Themes and Action Steps

All Women

November—Tobacco Use: Smoking—costly to your LIFE and your wallet.

- Find a support program in your community to help you stop smoking. Call 1-800-994-WOMAN.
- If you haven't started smoking, don't start.
- Create a no-smoking rule in your house.
- Ask your health provider about methods to help you quit smoking.

December—Family: Get support from those who care.

- Plan a “funny family story night” and take turns being silly.
- Invite your child's friends over for a get-acquainted party.
- Make bedtime a set time for kids each night. You'll have more time to relax.
- Start a new family tradition—focus on health.

Monthly Themes and Action Steps

African American Women

January—Spirituality: Find the strength within.

- Take a moment to celebrate your spirit.
- Be your own hero. Take steps to solve a problem that's getting in the way of the rest of your life.
- Believe in yourself—write a list of five things you do best.
- Measure success by how much health, peace, and joy you have.
- Make a list of 10 victories you can celebrate in your life.

February—Weight Management: Vital for long-term wellness.

- Carry a water bottle with you every day and refill it at least three times.
- Listen to Grandma: “Put a little color on your plate each day. Greens are a good start.”
- Fruits and vegetables are the original fast food. Try a mango, papaya, or orange pepper.
- Burn some of the calories you take in—exercise can help you lose weight.
- Society's ideal doesn't have to be yours—love yourself for who you are.

March—Physical Activity: Stay active. Live longer.

- Keep your walking shoes handy. Go for a walk with a friend every day.
- Join a mall-walkers group.
- Put on some music and dance!
- Treat your family to some time at a community recreation center.
- Try a new activity this week—take a yoga class, join a sports team, or try salsa dancing.

April—Alcohol Use: Know your limits.

- Protect your unborn child. Alcohol can harm your baby, even before you know you're pregnant.
- Take a girlfriend's keys. Don't let a friend drive drunk.
- Stop at two drinks. Avoid behavior you may regret.
- Write down how much you drink each day this week. If you think it's too much, it probably is.
- Your children are watching—remember to set a good example.

May—Mental Health: Lower your stress.

- Don't sweat the small stuff. Choose the really necessary things that need to get done today.
- Make yourself “number 1” on your to-do list. If mama ain't happy, nobody's happy.

Monthly Themes and Action Steps

African American Women

- Get together with your girlfriends at least once a month to laugh, cry, and support each other.
- Protect your last good nerve. Try deep breathing, massage, meditation, prayer, and exercise.
- Don't be afraid to seek counseling.

June—Responsible Sexual Behavior: Think before you act.

- Don't be afraid to say "no!" It's your body and your life.
- Put the "he" into health. Ask about your partner's sexual history.
- Get tested for HIV/AIDS. It's THE leading cause of death for young black women.
- Listen to your instincts. If it doesn't feel right, it probably isn't.
- You don't need symptoms to be sick. Get tested for sexually transmitted diseases (STDs).

July—Drug Abuse: Use and you lose.

- Be a positive role model. Talk to children about drug abuse.
- Celebrate the resilience and pride of African American women who stay drug-free.
- Give addicts the support they need to quit.
- Don't experiment. You can become addicted to drugs even the first time.
- Call your local Narcotics Anonymous chapter at 1-818-773-9999. You can help or get help.

August—Health Care Access: Your health matters.

- Make a date: schedule medical checkups with your best friend. Then go catch a movie or take a stroll in a park.
- Need a ride to the doctor? Turn to community groups for help.
- If you don't understand your doctor's instructions, speak up.
- Make a list of questions to ask your doctor and expect answers.
- Take a loved one to the doctor this week.

September—Prevention: It's better than a cure.

- Have your blood pressure, blood sugar, and cholesterol checked.
- Ask your local pharmacist where to get a flu shot.
- Get a tetanus shot if you haven't had one in 10 years.
- If you're over 40, ask your doctor about mammograms.
- Schedule your Pap test and pelvic exam.

Monthly Themes and Action Steps

African American Women

October—Violence Prevention: Empower yourself.

- Make a list of safe places you can go to protect yourself from abuse.
- Empower yourself! Sign up for a self-defense class.
- If you're going on a date, let at least one person know where you're going.
- You deserve better. If you want to leave, the police can help you do it safely.
- Keeping abuse a secret does not help anyone. Call 1-800-799-SAFE.

November—Tobacco Use: Smoking—costly to your LIFE and your wallet.

- Make a list of 10 things to do with your money instead of smoking.
- If you haven't started smoking, don't start!
- Make a pact with yourself not to smoke or allow smoking around your children.
- Create a no-smoking rule in your house.
- Quitting can be hard. Don't give up. Call 1-800-994-WOMAN for help.

December—Family: Get support from those who care.

- Invite your child's friends over for a get-acquainted lunch.
- Plan a "funny family story night" and invite aunts, uncles, and grandparents.
- Share your dreams with your children and ask about theirs.
- Learn how to play one of your child's games.
- Have dinner with your family this week.

Monthly Themes and Action Steps

American Indian and Alaska Native Women

January—Completing the Circle.

- Turn off the TV. Pass on your own stories instead.
- Drop in on your friends and family to share a laugh.
- Attend a community gathering. Bring your favorite shawl and dance.
- Think of an old family ceremony, and gather your family to do it again.
- Gather your family for a speaking or healing circle. Focus on respect and speak from the heart.

February—Mending and Fixing.

- Organize your family for a regalia mending bee. Pow Wow season is coming!
- Take the kids on an adventure hike. Bring some food for the birds.
- Help a neighbor fix something they haven't had time to get to.
- Be alert for hazards in your workplace and follow all safety rules.
- Read up on good eating habits. Try turning the family on to some healthy snacks.

March—Thinking Spring.

- Build a window box to grow fresh herbs for tasty low-fat recipes.
- Clear out the cookies. Treat your family to a bowl of fresh fruit.
- Walk with Mother Earth and greet the sunrise with a friend.
- Burn your own grass—clear out the cupboards.
- Check your house for water leaks, mold, and damp spots.

April—Planting New Life.

- Involve the family in planting a vegetable garden.
- Eat in beauty, cut back the fat, and think fresh fruits and vegetables.
- Try leaner ways to cook your favorite foods.
- Try a new “Three Sisters” recipe. Don't forget the fresh herbs.
- Plant the sacred herbs in your garden and tell your children what they're used for.

May—Celebrating in a New Way.

- Try a new recipe for alcohol-free punch at your next get-together.
- Throw a giveaway ceremony that celebrates the new you.
- Find ways to celebrate that don't involve drinking.
- Don't smoke that cigarette; offer it to the four directions instead.
- Honor a sister for beating an addiction with a dance at the Pow Wow.

Monthly Themes and Action Steps

American Indian and Alaska Native Women

June—Making New Traditions.

- Go to a retirement home and visit the Elders.
- Ask an Elder to teach you a song.
- Take part in a sweat with other Native women.
- Visit the local health clinic and find a healer.
- Learn how to make strawberry jam without using sugar.

July—Rediscovering the Sacred Fire.

- Take a day to reconnect with the voice in your heart.
- Renew your promise to respect yourself and all of your relations.
- Celebrate your country, and your proud heritage.
- Take part in a ceremony that honors the peaceful warrior way.
- Walk in the woods and listen to the trees speak.

August—Harvesting the Rewards.

- Take the children outside on a sunny afternoon. Teach them a new game.
- Throw a feast using all the food from your garden.
- Celebrate your weight loss with a bright new scarf.
- Encourage your teenagers to bring their friends over.
- Can the rest of your garden vegetables for winter.

September—Safeguarding the Gift.

- Send your kids back to school properly immunized.
- Have your family's teeth checked and cleaned.
- Take care of your own health; have your annual physical.
- Have yourself and your family checked for diabetes risk.
- Take an Elder for a mammogram.

October—Honoring the Spirit Within.

- Teach a traditional skill at the community center.
- Support your local drum society.
- Let your voice be heard. Run for local office.
- Learn about Native Justice and how it can heal your family.
- Teach your language at the local grade school.

Monthly Themes and Action Steps

American Indian and Alaska Native Women

November—Spreading the Word (Native American History Month).

- Offer to show non-Native children today's Native culture.
- Walk in a sacred place and reflect on your ancestors.
- Teach your children about your grandparents and how they lived their lives.
- Create a picture album of your family.
- Gather things that belong to your ancestors and write a short story about each piece.

December—Gathering Strength.

- Respect yourself and do things that help to build your self-esteem.
- Listen to your heart when it doesn't feel right. You have the right to say no.
- Learn to protect yourself from sexually transmitted diseases and teach your partner.
- Make sure you have your own way home after a party.
- Join a health circle that helps abusers and their victims.

Monthly Themes and Action Steps

Asian and Pacific Islander Women

January—Spirituality: Find the strength within.

- Take a moment to appreciate your spirit.
- Life is about balance. Take a moment for yourself each day.
- Measure success by how much health, peace, and joy you have.
- Make a list of 10 victories you can celebrate in your life.
- Create a list of all the things you want to do, leaving nothing out, and begin to fulfill your dreams.

February—Weight Management: Vital for long-term wellness.

- Use this pocket planner to keep track of the fruits and vegetables you eat daily.
- Steam, bake, or boil your food more often.
- Use home grown seasonings and herbs to spice up your food.
- Be sure to get enough calcium. Calcium-fortified soymilk and orange juice are great alternatives to milk.
- Water cleanses the body. Carry a water bottle with you every day and refill it at least three times.

March—Physical Activity: Stay active. Live longer.

- Complete your exercise program with a few minutes of meditation to help you focus on the activities ahead of you.
- Start your spring cleaning early; it's a great way to exercise.
- Take a yoga, Tai Chi, or TaeKwon Do class.
- Keep your walking shoes handy. Go for a walk with a friend every day.
- Try a new activity this week—take a yoga class, join a sports team, or try salsa dancing.

April—Alcohol Use: Know your limits.

- Don't get in a car with someone who has been drinking, even if it's a family member. Call a cab instead.
- Throw an alcohol-free party. Create some exotic fruit drinks!
- Don't let stress lead you to drink alcohol; it will only make things worse.
- Your children are watching—remember to set a good example.
- Seek counseling for the whole family if a family member is an alcoholic—even if the alcoholic refuses to attend.

Monthly Themes and Action Steps

Asian and Pacific Islander Women

May—Mental Health: Lower your stress.

- Make a commitment to keep a journal. This will help you to clarify your thoughts.
- Don't keep stress to yourself—share your worries with your friends and family.
- Everyone feels depressed sometimes, but if you feel depressed all the time, seek help.
- It's okay to seek counseling. Call 1-800-789-CMHS for treatment and referral information.
- You don't have to be who everyone else wants you to be. Talk to your friends and family about what makes you happy.

June—Responsible Sexual Behavior: Think before you act.

- You don't need symptoms to be sick. Get tested for sexually transmitted diseases (STDs).
- Talk to your partner before becoming intimate—it's your choice and right to abstain.
- Don't be afraid to say no—it's your body and your life.
- Abstain from sex or insist on practicing safe sex every time.
- Don't be shy about asking your partner's sexual history—it's your right to be safe.

July—Drug Abuse: Use and you lose.

- Seek help even if you feel helpless. Call 1-800-662-HELP.
- Trust your instincts. If you think your child is using drugs, don't look the other way.
- Don't experiment. You can become addicted even the first time.
- If you are in a relationship with a drug abuser, get help for both of you.
- Never do drugs or drink alcohol when you're pregnant.

August—Health Care Access: Your health matters.

- No matter how busy you are, schedule routine check-ups for you and your family.
- When you don't understand your doctor or your health condition, ask questions and expect answers.
- Have someone tell your doctor in advance if you need translation assistance for your visit, or bring a friend who can translate for you.

Monthly Themes and Action Steps

Asian and Pacific Islander Women

- Listen to your body and your intuition. When you don't feel right, seek health care.
- Call 1-800-KIDS-NOW to learn about free or low-cost health insurance.

September—Prevention: It's better than a cure.

- If you aren't feeling well, don't be afraid to have a blood test done. Your body will replenish the blood.
- Get a flu shot, and ask your health provider if your baby needs one, too.
- To help prevent osteoporosis, eat a well-balanced diet rich in calcium and vitamin D, exercise regularly, and don't smoke.
- Make an appointment for a Pap test and a mammogram—it could save your life.
- Have your blood pressure and cholesterol checked.

October—Violence Prevention: Empower yourself.

- Engage in a healthy relationship free of violence.
- Violence happens in every culture. Learn about it at www.4woman.gov.
- Learn to protect yourself—take a self-defense class.
- It's never your fault. A person who commits a violent act has no excuses. Call 1-800-799-SAFE for help.
- Help a friend in danger.

November—Tobacco Use: Smoking—costly to your LIFE and your wallet.

- Make a list of 10 things to do with your money instead of smoking.
- Ask your health provider about methods to help you quit smoking.
- Protect your children from secondhand smoke.
- If you don't succeed at quitting the first time, keep trying. See “A Breath of Fresh Air” at <http://www.4woman.gov> or call 1-800-994-WOMAN.
- Don't smoke, especially if you're pregnant.

December—Family: Get support from those who care.

- Make your family's health your biggest achievement.
- Honor your ancestors by sharing stories about them at family gatherings.
- Invite your child's friends over to get acquainted during times of special importance.
- Make bedtime a set time for kids each night. You'll have more time to relax.
- Have dinner together as a family and share what is happening in your lives.

Monthly Themes and Action Steps

Latinas

January—Spirituality: Find the strength within.

Enero—La Espiritualidad: La fuerza interna.

- Do something for someone who will never find out.
Haga algo para alguien que nunca llegará a saberlo.
- Renew your spirit by watching a meditation or yoga video.
Renueve su espíritu viendo un vídeo sobre meditación o yoga.
- Find a quiet place in your home for reflection or prayer.
Busque un lugar silencioso en su casa para orar o reflexionar.
- Take time to care for yourself and your spirit.
Tome tiempo para cuidarse a sí misma y para cuidar su espíritu.
- Make a list of 10 victories you can celebrate in your life.
Haga una lista de 10 logros que pueda celebrar en su vida.

February—Weight Management: Vital for long-term wellness.

Febrero—El Control de Peso: Vital para el bienestar de toda la vida.

- Try cereal with low-fat milk or fruit and yogurt for breakfast.
Pruebe cereales con leche baja en grasa o fruta y yogur para el desayuno.
- Don't fry all of your food—try baking, boiling, or steaming it with your favorite spices.
No cocine toda la comida frita—trate de asarla, cocerla o prepararla al vapor con sus especias favoritas.
- Burn some of the calories you take in—exercise can help you lose weight.
Queme algunas de las calorías que consume—el ejercicio puede ayudarle a perder peso.
- Carry a water bottle with you every day and refill it at least three times.
Lleve consigo una botella de agua todos los días y llénela por lo menos tres veces.
- Fruits and vegetables are the original fast food. Eat five a day.
Las frutas y las verduras son la comida rápida original. Coma cinco al día.

March—Physical Activity: Stay active. Live longer.

Marzo—La Actividad Física: Mantengase active. Viva mejor.

- Start your spring cleaning early; it's a great way to exercise.
Comience su limpieza de primavera temprano; es una forma excelente de hacer ejercicio.
- Put in your favorite tape or CD and dance!
¡Ponga su cassette o CD favorito y baile!
- Start to exercise gradually and work your way up.
Empiece a hacer ejercicio de forma gradual y vaya incrementando de forma progresiva.

Monthly Themes and Action Steps

Latinas

- Keep your walking shoes handy. Go for a walk with a friend every day.
Mantenga sus zapatos deportivos al alcance de la mano. Vaya a caminar con un amigo o amiga todos los días.
- Try a new activity this week—take a yoga class, join a sports team, or try salsa dancing.
Haga una actividad nueva esta semana—tome una clase de yoga, incorpórese a un equipo de deportes, o baile salsa.

April—Alcohol Use: Know your limits.

Abril—Las Bebidas Alcohólicas: Conozca sus límites.

- Host an alcohol-free party; try a virgin margarita or daiquiri instead!
Organice una fiesta sin bebidas alcohólicas. ¡En su lugar pruebe una margarita o un daiquiri sin alcohol!
- Keep a record of how much you drink every week. If you think you're drinking too much, you probably are.
Lleve la cuenta de cuánto bebe cada semana. Si cree que está bebiendo demasiado, es probable que así lo sea.
- Take steps not to get pregnant if you've abused drugs or alcohol in the past year.
Tome precauciones para no quedar embarazada si ha abusado de las drogas o del alcohol el año previo.
- Do not get in the car if the driver has been drinking alcohol, even if that person is a family member. Call a cab instead.
No monte en el automóvil si el conductor ha estado tomando bebidas alcohólicas, incluso si esa persona es un miembro de la familia. Llame un taxi en su lugar.
- Seek counseling for everyone in the family if a member of your household is an alcoholic—even if the alcoholic refuses to attend.
Busque asistencia psicológica para toda la familia si un miembro de la misma es alcohólico(a), incluso si la persona alcohólica no quiere acudir.

May—Mental Health: Lower your stress.

Mayo—La Salud Mental: Reduzca el estrés.

- Have a Cinco de Mayo party with friends.
Organice una fiesta para el Cinco de Mayo con los amigos.
- If you're having a problem, call a friend.
Si está teniendo un problema, llame a un(a) amigo(a).
- Depression is an illness that affects mostly women. If you feel depressed all the time, seek help.
La depresión es una enfermedad que afecta principalmente a las mujeres. Si se siente deprimida todo el tiempo busque quien le ayude.

Monthly Themes and Action Steps

Latinas

- If you're having a bad week, ask a family member or friend to help with your responsibilities.
Si está teniendo una semana mala, pida a un familiar o amigo(a) que le ayude con sus responsabilidades.
- Your self-esteem is important for good health. Don't allow anyone to bring you down.
Su autoestima es importante para la buena salud. No permita que nadie le haga disminuir su amor propio.

June—Responsible Sexual Behavior: Think before you act.

Junio—Una Actitud Sexual Responsable: Piense antes de actuar.

- Don't be afraid to say "no!" It's your body and your life.
No tenga miedo de decir ¡"no"! Se trata de su cuerpo y de su vida.
- Abstain from sex or practice safe sex every time.
Absténgase de tener relaciones sexuales o practíquelas de forma segura cada vez que lo haga.
- Don't be shy. Ask about your partner's sexual history. It's your right to be safe.
No sea tímida. Pregunte a su compañero sobre su historial sexual. El sentirse segura es su derecho.
- Don't be afraid to talk to your children about sex.
No tenga miedo de hablar sobre el sexo con sus hijos.
- You don't need symptoms to be sick. Get tested for sexually transmitted diseases (STDs).
No hace falta tener síntomas para ponerse enferma. Hágase la prueba de STD (ETS – Enfermedad Transmitida Sexualmente).

July—Drug Abuse: Use and you lose.

Julio—El Abuso de las Drogas: Si las usa es usted quien pierde.

- Don't experiment. Learn more about drug addiction at 1-818-773-9999.
No las pruebe. Aprenda más sobre la adicción de drogas llamando al 1-818-773-9999.
- Some drugs don't mix. If you're taking prescribed medication, ask your doctor before taking any other medications or supplements.
Algunas medicinas no deben ser mezcladas. Si está tomando un medicamento recetado por el médico, pregúnteselo antes de tomar cualquier otro medicamento o suplemento.
- Seek help if you or a loved one is abusing drugs. Call 1-800-729-6686.
Busque ayuda si usted o un ser querido está abusando de las drogas. Llame al 1-800-729-6686.

Monthly Themes and Action Steps

Latinas

- Do not take medications prescribed for others—even if they’re in your family.
No tome medicamentos recetados para otras personas, incluso si son familiares suyos.
- Be a positive role model. Talk to children about drug abuse.
Sea un modelo a imitar positivo. Hable a los niños sobre el abuso de las drogas.

August—Health Care Access: Your health matters.

Agosto—Acceso al Cuidado de la Salud: Su salud es importante.

- Ask your local clinic about low-cost or free mammograms and Pap tests.
Pregunte en su clínica local sobre las mamografías y las pruebas de Papanicolau de bajo costo o gratis.
- Call 1-800-KIDS-NOW to learn about free or low-cost health insurance.
Llame al 1-800-KIDS-NOW para averiguar sobre seguros de salud gratis o de bajo costo.
- If you’re pregnant, get prenatal care.
Si está embarazada, busque cuidado prenatal.
- Order your own *Diario de Salud* for expectant mothers who read Spanish: call 1-800-275-4772.
Solicite su propio *Diario de Salud* para madres embarazadas que leen español: llame al 1-800-275-4772.
- Notify your health care provider early if you need translation assistance for your visit.
Avisé a su proveedor de cuidado de la salud de antemano si va a necesitar que le asista un intérprete durante su visita.

September—Prevention: It’s better than a cure.

Septiembre—La Prevención: La prevención es mejor que una cura.

- Get your blood pressure and cholesterol checked—it could save your life.
Vaya a que le tomen la presión arterial y el colesterol—podría salvar su vida.
- Remind everyone to get a flu shot, especially the elderly and those at high risk for catching the flu.
Haga recordar a todos que reciban una vacuna contra la gripe, especialmente a los ancianos y a los que tienen gran riesgo de contraer la gripe.
- If you’re over 40, ask your doctor about mammograms.
Si tiene más de 40 años, pregunte a su médico sobre las mamografías.

Monthly Themes and Action Steps

Latinas

- Ask your doctor about the hepatitis A and tetanus vaccines, especially if you work in restaurants or housekeeping.
Pregunte a su médico acerca de las vacunas contra la hepatitis A y el tétanos, especialmente si trabaja en restaurantes o en la limpieza de hogares/oficinas/hoteles.
- Schedule your annual Pap test and pelvic exam.
Haga una cita para la prueba de Papanicolaou y para un examen pélvico.

October—Violence Prevention: Empower yourself.

Octubre—La Prevención de la Violencia: Ármese de valor.

- Make a list of safe places where you can go to protect yourself from abuse.
Haga una lista de los lugares seguros a los que podría acudir para protegerse contra el abuso.
- Have a plan ready in times of need.
Tenga un plan preparado para cuando le haga falta.
- Stay in touch with family and friends. Your partner's attempts to isolate you are an unhealthy form of control.
Manténgase en contacto con familiares y amigos. Los intentos de su compañero para aislarla son una forma de control poco saludable.
- You deserve better. If you want to leave, the police can help you do it safely.
Se merece mejor que eso. Si usted quiere marcharse, la policía puede ayudarle a hacerlo de una forma segura.
- Keeping abuse a secret doesn't help anyone. Call 1-800-799-SAFE (English and Spanish).
El mantener el abuso en secreto no ayuda a nadie. Llame al 1-800-799-SAFE (Inglés y Español).

November—Tobacco Use: Smoking—costly to your LIFE and your wallet.

Noviembre—El Uso del Tabaco—costoso para su vida y para su bolsillo.

- Find a support program in your community to help you stop smoking. Call 1-800-994-WOMAN.
Busque un programa de apoyo en su comunidad para que le ayuden a dejar de fumar. Llame al 1-800-994-9662.
- Make an appointment with your doctor to find out about new methods to help you quit smoking.
Haga una cita con su médico para averiguar sobre los métodos nuevos para ayudarle a dejar de fumar.

Monthly Themes and Action Steps

Latinas

- Become one of the 1.3 million Americans to quit this year. Visit “Breath of Fresh Air” at www.4woman.gov for help.
Forme parte del 1,3 millones de americanos que van a dejar de fumar este año. Visite “Breath of Fresh Air” (Una Bocanada de Aire Fresco) en www.4woman.gov para ayuda.
- Make a list of 10 things to do with your money instead of smoking.
Haga una lista de otras cosas que puede hacer cuando le vienen las ganas de fumar—Hay mejores formas de pasar su tiempo y de gastar su dinero.
- Make a pact with yourself not to smoke or allow smoking around your children.
Haga un pacto consigo misma de no fumar o no dejar que nadie fume cuando sus hijos se encuentran presentes.

December—Family: Get support from those who care.

Diciembre—La Familia: Reciba apoyo de aquellos que la quieren.

- Plan a family picnic and bring a soccer ball.
Organice un picnic familiar y lleve un balón de fútbol.
- If family responsibilities are causing stress, ask family members to help.
Si las responsabilidades familiares le están causando estrés, pida a los familiares que le ayuden.
- Teach your children how to do traditional dances—salsa, merengue, etc.
Enseñe a sus hijos cómo bailar los bailes tradicionales—la salsa, el merengue, etc.
- Teach your children to make maracas with paper maché and a balloon.
¡Enseñe a sus hijos cómo hacer maracas con pulpa de papel y un globo.
- Give everyone a chance to share his or her thoughts at a family dinner.
Dé la oportunidad a cada uno para compartir lo que está pensando durante una cena familiar.

Monthly Themes and Action Steps

Women Who Live in Rural Areas

January—Spirituality: Find the strength within.

- Take a moment to celebrate your spirit. Make a list of 10 victories in your life.
- Measure success by how much health, peace, and joy you have.
- Renew your spirit. Close your eyes and focus on something positive each day.
- Do something for yourself. Make a date with a friend, read a book, or learn something new.
- Observe and reflect on the cycle of the seasons, while nature enjoys its wintertime sleep.

February—Weight Management: Vital for long-term wellness.

- Eat five fruits and vegetables each day.
- Start drinking at least eight tall glasses of water every day. Try adding a twist of lemon to water.
- Use a rack to drain off fat when you broil, roast, or bake. This week, switch to broiling instead of pan-frying.
- Switch to low-fat cottage cheese, part-skim milk mozzarella, and other low-fat/nonfat cheeses.
- Burn some of the calories you take in—exercise can help you lose weight.

March—Physical Activity: Stay active. Live longer.

- Every little bit helps. Start your exercise routine slowly and build up gradually.
- Invite family and friends to walk with you or walk with your dog. Your walks will be more fun and safer.
- Turn on some music and dance!
- Incorporate exercise into your daily activities. Walk along the sidelines at your child's baseball or soccer practices and games.
- Plant a garden—however small—and watch it grow.

April—Alcohol and Drug Abuse: Destroys families, destroys lives.

- Call the National Clearinghouse for Alcohol and Drug Information at 1-800-729-6686.
- Volunteer to be the designated driver.
- Identify the stresses that lead you to drink alcohol and find better ways to cope.
- Take only the indicated amount of prescription drugs. Medicines can also be addictive.

Monthly Themes and Action Steps

Women Who Live in Rural Areas

- If you feel helpless, call the National Drug Information Treatment and Referral Line at 1-800-662-HELP.

May—Mental Health: Lower your stress.

- Make a commitment to relax—sit back, take a load off, relax your muscles, and don't feel guilty.
- Talk about problems. It's a good way to relieve stress and find solutions.
- When dealing with a major problem, try to break it down into smaller parts.
- If you're angry, take a deep breath. It will help reduce stress.
- If finding mental health care in your community is a problem, call your state rural health office or county health department.

June—Responsible Sexual Behavior: Think before you act.

- Get to know your partner's health history before beginning a serious relationship.
- Call 1-800-227-8922 for anonymous, confidential information on sexually transmitted diseases (STDs) and prevention methods.
- Make a list of questions for your doctor about sex, and then schedule your next visit.
- Discuss safe sex with your partner before having sex, and then insist on it. No exceptions.
- Know that you have a right to make decisions about who touches your body.

July—Heat Stress Prevention: Keep it cool.

- Drink at least 8 ounces of water every 20 minutes while working in the heat.
- Keep yourself well ventilated and shielded from heat sources.
- Protect your skin and eyes from the sun's damaging rays. Wear protective sunglasses, a wide-brimmed hat, and lots of sunscreen.
- Monitor your medications. Ask your doctor or pharmacist which medications may increase your skin's sensitivity to the sun.
- Become familiar with first aid techniques for heat stress. If you or someone you know suffer from heat exhaustion, cramps, or other signs of heat stress, get medical attention immediately.

August—Health Care Access: Your health matters.

- Use this planner to track your medical appointments.
- Need a ride to the doctor? Share a ride with a neighbor or turn to community groups for help.

Monthly Themes and Action Steps

Women Who Live in Rural Areas

- For information about free or low-cost health insurance for kids, call 1-877-543-7669.
- Ask your state rural health office about home health care services in your community.
- Ask your health care provider about free medications. Call 1-877-844-8442 about programs that match your needs.

September—Prevention: It's better than a cure.

- Start your child's health care early by going for prenatal visits.
- Schedule your yearly check-up, including a Pap smear and pelvic exam.
- Have your blood pressure, blood sugar, and cholesterol checked.
- Schedule a mammogram if you are over 40.
- If you are over 50, ask your doctor for a flu and pneumonia vaccine this fall and every fall.

October—Violence and Injury Prevention: Empower yourself.

- Buckle up every time you are in a car or other type of vehicle.
- Store flammable and combustible materials away from sources of heat.
- Wear protective equipment for the head, eyes, ears, nose, hands, and feet when operating machinery, or working with chemicals or hazardous materials.
- Make a list of safe people to call in case of an emergency.
- Don't accept abuse! Call the domestic violence hotline at 1-800-799-7233. It's free and confidential.

November—Tobacco Use: Smoking—costly to your LIFE and your wallet.

- Make a list of 10 things to do with your money instead of smoking.
- If you need to quit smoking, see "A Breath of Fresh Air" at <http://www.4woman.gov> or call 1-800-994-WOMAN.
- Make a pact with a friend to never start smoking.
- Smoking isn't glamorous—it's deadly. Talk about false advertising with your kids.
- Get children involved in activities that promote healthy lungs like biking and running, then go along with them.

Monthly Themes and Action Steps

Women Who Live in Rural Areas

December—Family: Get support from those who care.

- Make time to have fun and laugh with your family.
- Surprise a family member or friend with a “just because” gift.
- Plan an activity that maintains family traditions.
- Trade a few hours of child care duties with a friend.
- Compile a family history for your children or grandchildren and tell stories about your childhood.

Monthly Themes and Action Steps

Women with Disabilities

January—Spirituality: Find the strength within.

- Value yourself. You are a unique person.
- Find a spiritual outlet—a way to lift your spirit through participation in yoga, meditation, art, exercise, a faith institution, or another activity that is meaningful to you.
- Take a moment to reflect on the beauty of your surroundings.
- Take some time to reconnect with yourself every day. Become your own best friend.
- Take an active role in enriching your community and the people around you—share your life; mentor a young person with a disability.

February—Weight Management: Vital for long-term wellness.

- Eat five fruits and vegetables a day. A serving is a medium-sized piece of fruit or a half-cup of chopped vegetables, cooked or raw. Dried fruits count!
- Eat 5 to 6 small, well-balanced meals a day—make every calorie count by choosing nutritious foods.
- Drink eight tall glasses of water a day if your health does not restrict the amount of fluid you can take.
- Organize a user-friendly kitchen.
- Make a list before you and your personal attendant go to the grocery store to avoid over-buying and over-eating.

March—Physical Activity: Stay active. Live longer.

- Go for a walk or “wheel”—start small and pace yourself. Take a stroll every day if you can.
- Find physical activities that you enjoy. Ask your physical therapist or someone else to work with you.
- Sing out loud. It is natural exercise.
- Discover your physical potential. If possible, find a pulse-raising activity such as wheelchair yoga, orchestra conducting, water aerobics, or lifting light upper body weights.
- Ask your personal attendant, friends, or family members to do 10 minutes of range-of-motion exercise on your arms and legs every morning and every night. Make it part of your routine.

Monthly Themes and Action Steps

Women with Disabilities

April—Alcohol and Drug Abuse: Destroys families, destroys lives.

- Some medications don't mix—be safe and coordinate between your pharmacist and doctor.
- Don't self-medicate when you're in physical or emotional pain. Talk to a pain specialist who is aware of the issues that persons with disabilities may face.
- Identify the stress that leads you to use alcohol or drugs.
- Read the label—alcohol and some medications don't mix.
- If you feel your use of alcohol or drugs may be out of control, call the National Drug and Alcohol Treatment Referral Routing Service at 1-800-662-4357.

May—Mental Health: Lower your stress.

- Check the list in the back of the planner for signs of depression.
- Get together with friends this week and do something that you are interested in.
- Ask for help—it's a sign of strength.
- Tackle a problem one step at a time.
- Develop a support system or join a support group in your community.

June—Responsible Sexual Behavior: Think before you act.

- Communicate with your partner about your abilities and what you enjoy.
- Love yourself for who you are.
- You can enjoy an intimate relationship, with or without sex.
- You have a right to say "no"—it's your body and your life.
- Know that you have a right to make decisions about who touches your body.

July—Self-esteem: You matter.

- Make a list of 10 victories you can celebrate in your life.
- You do not need to be defined by your disability—celebrate your abilities!
- Nurturing yourself is not selfish—it's okay to put yourself first.
- Society's model doesn't have to be yours. Look in the mirror and smile—you are beautiful!
- Demand to be treated with respect and dignity—and to speak for yourself. It's your right!

Monthly Themes and Action Steps

Women with Disabilities

August—Health Care Access: It's your right.

- Call the ADA information line at 800-514-0301 (voice) or 800-514-0383 (TDD) for information on accessible health care and services.
- If you are not getting the care you want, ask your health care provider questions and demand answers.
- Remember that you are a partner in your health and health care. Take action and be assertive with your health care provider.
- Trust your instincts—if something does not feel right, talk to your health care provider.
- Take a trusted friend with you to a medical appointment to remind you of questions to ask.

September—Prevention: It's better than a cure.

- Have your blood pressure, cholesterol, and blood sugar checked.
- Eat a well-balanced diet rich in calcium and vitamin D—it can help prevent osteoporosis.
- Ask your health care provider if you should have a bone density test. It can help your physician assess the health of your bones.
- Schedule an annual mammogram if you're over 40, and insist on accessible equipment.
- Have your eyes examined by an eye care professional to help prevent glaucoma.

October—Violence Prevention: Empower yourself.

- Make a list of reliable people to contact in case of emergency. Keep a copy of the list with you and give one to your friends, personal attendant, or family members.
- Safety is a must—insist on it in all situations!
- Establish warning signs to alert your neighbors when you need help.
- Remember no one deserves to be abused—call 1-800-799-7233.
- Refusal to provide care by a personal attendant, friend, or family member is a form of abuse. Don't accept abuse!

November—Tobacco Use: Smoking—costly to your LIFE and your wallet.

- Quitting can be hard—don't give up after your first try.
- Find a support group in your community. Call 1-800-994-9662.
- Ask your health care provider about different smoke cessation programs that might work for you.

Monthly Themes and Action Steps

Women with Disabilities

- If you haven't started smoking, don't!
- Make a list of things you can put your money toward besides tobacco—it's a great motivation to quit.

December—Healthy Relationships: Get support from those who care.

- Focus on what you value most about your family and friends—and tell them.
- Give a hug or pay a compliment to someone you love.
- Make laughter a habit—spend time being silly, sharing funny stories, and enjoying the company of others.
- Join a club or organization that matches your interests.
- Find a way to stay connected—call a friend, write a note, or send an e-mail.

Overview of Women's Health

Small first steps can start a woman on the path to wellness. But her individual health risks will be determined to a certain extent by her lifestyle and background. While research is uncovering the role of biology, environment, cultural traditions, and the interplay of these and other factors, some women's health issues are clear.

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| Heart disease is the number one killer of American women. | <ul style="list-style-type: none"> • More women than men die of heart disease. Several risk factors contribute to the likelihood of women getting heart disease, including smoking, high blood pressure, high cholesterol, obesity, lack of physical activity, and a family history of the disease. • African American women have the highest mortality rates from heart disease (155.9 per 100,000) among all American women. More than one-third (33.8 percent) of this population has high blood pressure, in contrast to 19.3 percent of white women. In addition, African American women have higher rates of smoking and obesity than do White women. |
| Cancer is the second leading cause of death among American women. | <p>Lung cancer, the leading cancer killer of women, is on the rise. This increase can be attributed primarily to the increase in smoking among women.</p> <ul style="list-style-type: none"> • White women have the highest mortality rate from lung cancer (27.9 per 100,000) among all women. • African American women have the highest mortality rate from lung cancer (27.7 per 100,000) among all minority groups. <p>Breast cancer is the second leading cause of cancer death among all American women.</p> <ul style="list-style-type: none"> • African American women have the highest rate of mortality from breast cancer (27.0 per 100,000) among all population groups. |
| Stroke is the third leading cause of death for American women. | <ul style="list-style-type: none"> • Stroke occurs at a higher rate among African American and Hispanic women compared with White women. • African American women have the highest death rate from stroke of all women, at 39.6 deaths per 100,000, compared with 22.9 for White women. |
| Diabetes is the fourth leading cause of death for African American, American Indian/Alaska Native, and Hispanic women. | <ul style="list-style-type: none"> • Diabetes ranks among the top 10 causes of death for all women. • Older American Indian and Alaska Native women are among the most likely to have diabetes (32 percent of their population). • Older Mexican American women are the second most likely group to have diabetes. They have the highest incidence of diabetes among Hispanic women. Almost one-third (30 percent) of these women suffer from the disease. • Among African American women, 25 percent have diabetes, compared with 15 percent of white women. African American women are more likely to be blinded, become amputees, develop end-stage renal impairment, and die from diabetes than are White women. |

Overview of Women's Health

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| <p>HIV/AIDS is the second leading cause of death among American women aged 25 to 44.</p> | <ul style="list-style-type: none"> • Newly reported AIDS cases among adolescent and adult women have increased steadily, from 7 percent in 1985 to more than 23 percent in 1998. • The epidemic has increased most dramatically among women of color. Among women with AIDS, African Americans and Hispanics account for more than three-fourths (76 percent) of all AIDS cases as of June 1998, even though they represent less than one-fourth of the U.S. population. • Among African American women between the ages of 25 and 44, AIDS results in more deaths than any other single cause. These women have the highest mortality rate from AIDS (22.0 per 100,000 persons) among all American women. They are 10 times more likely to die from AIDS than are white women. • Hispanic women have the second highest mortality rate from AIDS (7.5 per 100,000). They are almost 3.5 times more likely to die from HIV/AIDS than are White women. In 1996, HIV/AIDS became the second leading cause of death for Hispanic women between the ages of 25 and 44 and the eighth leading cause of death for all Hispanic women. |
| <p>Alcohol and other drug abuse are serious health concerns for all women.</p> | <ul style="list-style-type: none"> • Women are less likely than men to use or abuse alcohol; however, death rates among female alcoholics are 50 to 100 percent higher than among their male counterparts. • Among American Indian and Alaska Native women, 2 to 3 percent consume at least 60 drinks within 30 days. They have the highest mortality rates related to alcoholism among all American women. • Among white women, 17 percent drink frequently as compared with 11 percent of African American women. However, these two populations have the same percentage (2 to 3 percent) of heavy drinkers, women who consume at least 60 drinks within a month. <p>drugs, and more than 1.2 million misuse prescription drugs.</p> <ul style="list-style-type: none"> • Among all American women, White women have the highest mortality rate (63 percent) from drug-related causes. • Among minority populations, African American women have the highest mortality rate (29 percent) from drug-related causes. |
| <p>Mental health problems affect large numbers of women each year.</p> | <ul style="list-style-type: none"> • Major depression and dysthymia (a less severe, more chronic form of depression) affect approximately twice as many women as men. An estimated 12 percent of women in the United States experience a major depression during their lifetimes, compared with 7 percent of men. • Hispanic women have the highest lifetime prevalence of depression (24 percent) among all women. Nearly twice as many Hispanic women reported being depressed (11 percent) as African American women (6 percent) and White women (5 percent). • At least 90 percent of all cases of eating disorders occur in women. |

Overview of Women's Health

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| <p>Violence against women is a major public health problem in our country.</p> | <ul style="list-style-type: none"> • More than 4.5 million women are victims of violence each year. Of these, nearly two of every three are attacked by a relative or someone they know. • Among American Indian and Alaska Native women, the rate of violent victimization was 98 per 1,000 females, a rate significantly higher than that found among all other women. • African American women are more likely to be the victims of violent crimes (56 cases per 1,000) than either Hispanic women (52 cases per 1,000) or white women (42 cases per 1,000). |
| <p>Smoking is the single most preventable cause of death and disease in the United States.</p> | <ul style="list-style-type: none"> • Among women, the use of tobacco has been shown to increase the risk of cancer, heart and respiratory diseases, and reproductive disorders. • As of 1996, roughly 22 million adult women smoked cigarettes. • More than 140,000 women die each year from smoking-related diseases. • American Indian and Alaska Native women were the most likely to smoke cigarettes (50 and 60 percent, respectively) among all women. • Among all women, African American women had the second highest percentage of current smokers (27 percent), followed by white women (24 percent). |
| <p>Overweight and obese women are at increased risk for high blood pressure, heart disease, diabetes, and other health problems.</p> | <ul style="list-style-type: none"> • In 1994, 39 percent of women between the ages of 25 and 74 were defined as overweight. • More than one-half (52 percent) of African American women between the ages of 20 and 74 were classified as overweight in 1994 as compared with more than one-third (35 percent) of white women. • Among Hispanic women, Mexican American women had the highest rate of obesity (50 percent). |

SOURCES: Office on Women's Health (OWH) in the U.S. Department of Health and Human Services (DHHS), *Women's Health Issues: An Overview*. 2000; OWH, DHHS, *The Health of Minority Women*. 1999.

National Women's Health Information Center
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U.S. Department of Health and Human Services
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Overview of Healthy People 2010

What Is Healthy People 2010?

One tool to help a community create a dynamic vision for its future is Healthy People 2010. Healthy People 2010 is a comprehensive set of health objectives to be achieved over the first decade of the century. It is designed to serve as a road map for improving the health of all people in the United States. It includes national health promotion and disease prevention goals, objectives, and measures that can help serve as a model for you to develop your own goals and objectives to improve the health of everyone in your community.

Healthy People 2010 was developed by citizens from throughout the Nation in a multiyear process that was coordinated by the U. S. Department of Health and Human Services (HHS). For two decades, HHS has used Healthy People objectives to improve the health of the American people.

Healthy People 2010 is designed to achieve two overarching goals: (1) to increase the quality and years of healthy life, and (2) to eliminate health disparities. (A health disparity is a gap in the health status of different groups of people in which one group is healthier than the other group or groups.) These two goals are supported by 467 objectives in 28 focus areas.

Healthy People 2010 also identifies a smaller set of health priorities that reflects 10 major public health concerns in the United States. These 10 topics highlight individual behaviors; physical, social, and environmental factors; and important health system issues that greatly affect the health of individuals and communities. Examined together, they constitute a set of leading health indicators that provide a snapshot of the health of the Nation, as well as guidance and focus for the public, media, and elected officials.

Goal I: Increase Quality and Years of Healthy Life

Healthy People 2010 seeks to increase life expectancy and quality of life by helping individuals gain the knowledge, motivation, and opportunities they need to make informed decisions about their health. At the same time, Healthy People 2010 encourages local and State leaders to develop community-wide and statewide efforts that promote healthy behaviors, create healthy environments, and increase access to high-quality health care. Because personal and community health are often inseparable, it is critical that both individuals and communities do their parts to increase life expectancy and improve quality of life.

Overview of Healthy People 2010

Goal II: Eliminate Health Disparities

Healthy People 2010 recognizes that communities, States, and national organizations will need to take a multidisciplinary approach to achieve health equity—an approach that involves improving health, education, housing, labor, justice, transportation, agriculture, and the environment, as well as data collection itself. However, the greatest opportunities for reducing health disparities are in promoting community-wide safety, education, and access to health care, and in empowering individuals to make informed health care decisions.

Healthy People 2010 is firmly dedicated to the principle that—regardless of age, gender, race, ethnicity, income, education, geographic location, disability, or sexual orientation—every person in every community across the Nation deserves access to comprehensive, culturally competent, community-based health care systems that are committed to serving the needs of the individual and promoting community health.

Healthy People 2010: 28 Focus Areas

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| 1. Access to Quality Health Services | 15. Injury and Violence Prevention |
| 2. Arthritis, Osteoporosis, and Chronic Back Conditions | 16. Maternal, Infant, and Child Health |
| 3. Cancer | 17. Medical Product Safety |
| 4. Chronic Kidney Disease | 18. Mental Health and Mental Disorders |
| 5. Diabetes | 19. Nutrition and Overweight |
| 6. Disability and Secondary Conditions | 20. Occupational Safety and Health |
| 7. Educational and Community-Based Programs | 21. Oral Health |
| 8. Environmental Health | 22. Physical Activity and Fitness |
| 9. Family Planning | 23. Public Health Infrastructure |
| 10. Food Safety | 24. Respiratory Diseases |
| 11. Health Communication | 25. Sexually Transmitted Diseases |
| 12. Heart Disease and Stroke | 26. Substance Abuse |
| 13. HIV | 27. Tobacco Use |
| 14. Immunization and Infectious Diseases | 28. Vision and Hearing |

Overview of Healthy People 2010

In A Snapshot

Healthy People 2010 identifies a set of health priorities that reflects 10 major public health concerns in the United States. These 10 leading health indicators are intended to help everyone more easily understand the importance of health promotion and disease prevention. Motivating individuals to act on just one of the indicators can have a profound effect on increasing the quality and years of healthy life and on eliminating health disparities—for the individual, as well as the community overall.

| Subject/Topic | Public Health Challenge |
|-----------------------------|---|
| Physical Activity | Promote regular physical activity |
| Overweight and Obesity | Promote healthier weight and good nutrition |
| Tobacco Use | Prevent and reduce tobacco use |
| Substance Abuse | Prevent and reduce substance abuse |
| Responsible Sexual Behavior | Promote responsible sexual behavior |
| Mental Health | Promote mental health and well-being |
| Injury and Violence | Promote safety and reduce violence |
| Environmental Quality | Promote healthy environments |
| Immunization | Prevent infectious disease through immunization |
| Access to Health Care | Increase access to quality health care |

From: *Healthy People in Healthy Communities*, Office of Disease Prevention and Health Promotion, Office of Public Health and Science, Department of Health and Human Services, 2001.